

SONGS FROM THE HEART!!



American Heart Association



TABLE OF CONTENTS

PAGE	"
3	TAKE GOOD CARE OF YOUR HEART (THE HEART MARCH)
6	"THE HEART IS THE PART THAT GOES THUMP! KEE-THUMP!!"
8	"THE EXERCISE SONG"
11	"AROUND AND 'ROUND THE CIRCULATORY!" (THE HEART WALTZ)
13	"SMOKE IS NO JOKE!"
16	"IT'S A HEART, IT'S A HEART - IT'S A HEART"
19	"QUESTION AND ANSWER SONG" (WHAT DO YOU WANT A HEART FOR)
22	"EATING RIGHT" PART 1
23	PART 2
24	PART 3
27	"THE CIRCULATORY SYSTEM AND YOUR HEART!"

© 1981 AMERICAN HEART ASSOCIATION

"TAKE GOOD CARE OF YOUR HEART"

THE HEART MARCH



"TAKE GOOD CARE OF YOUR HEART!"

THE AMERICAN HEART ASSOCIATION MARCH

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

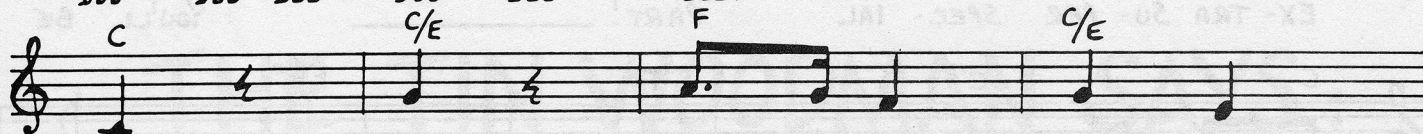
(INTRO)



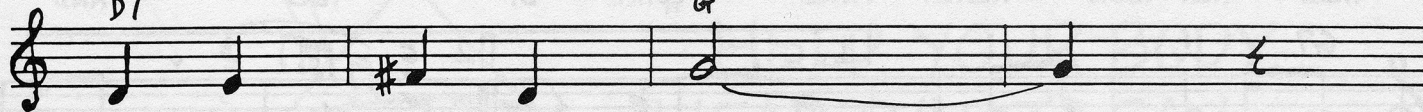
(1st x:) TAKE GOOD CARE OF YOUR HEART AND YOUR
(2nd x:) DOO DOO DOO DOO DOO DOO DOO



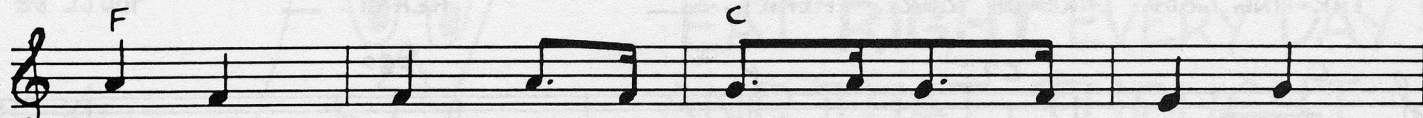
HEART WILL TAKE CARE OF YOU!
DOO DOO DOO DOO DOO DOO DOO



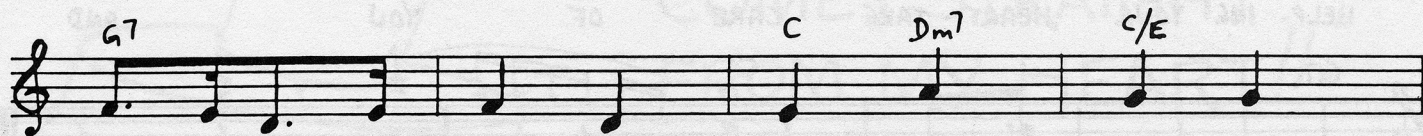
YOU'LL BE HEALTH-Y AND SMART IF
DOO DOO DOO DOO DOO DOO DOO



THIS IS WHAT YOU DO.
DOO DOO DOO DOO DOO DOO DOO



(BOTH x:) MARCH RIGHT UP TO THE TAB-LE WHERE YOU EAT AND



EAT THE KIND OF FOOD THAT'S GOOD FOR YOU, THEN

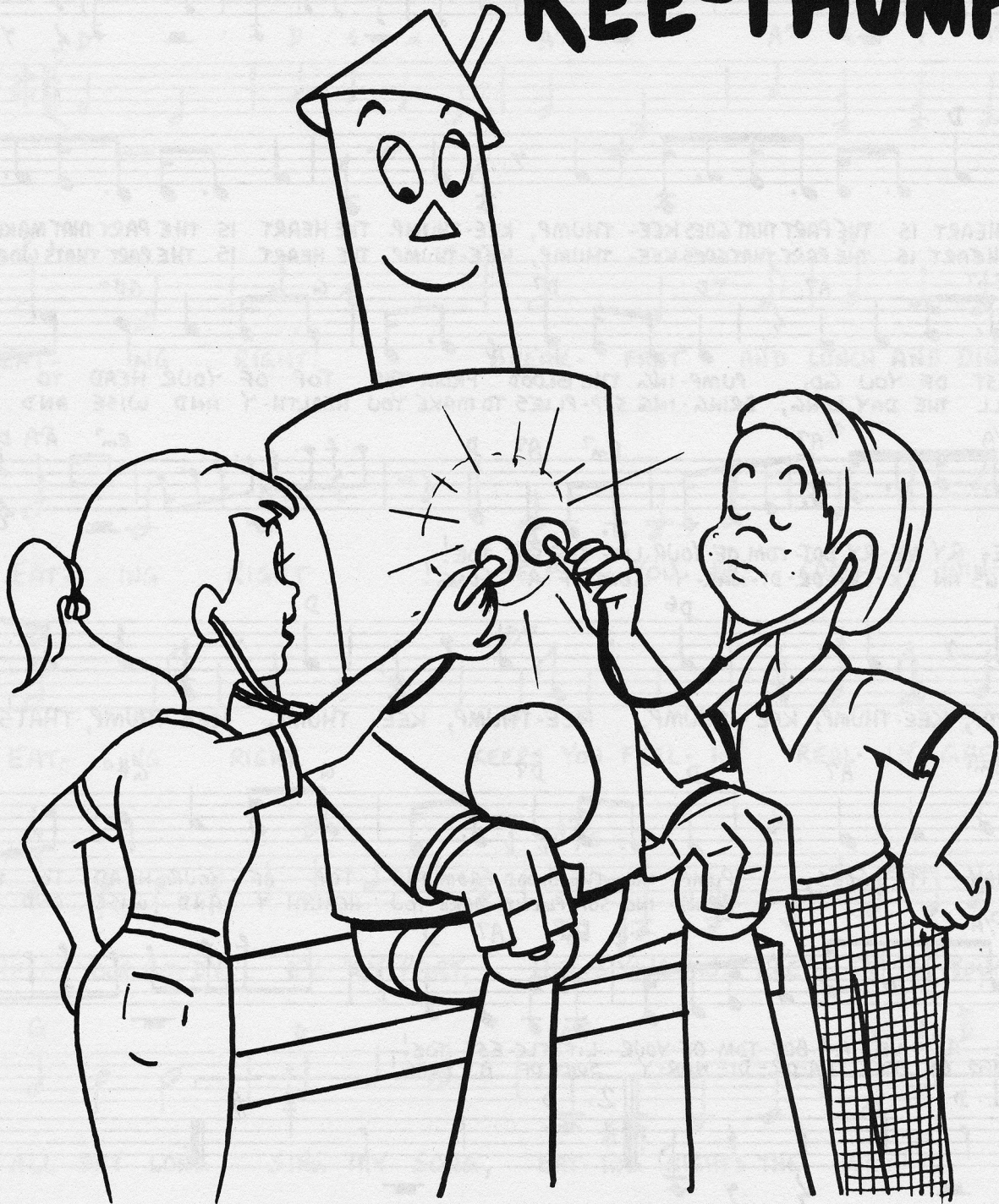
TAKE GOOD CARE OF YOUR HEART!

Handwritten musical score for the song "Take Good Care of Your Heart!". The score is written on ten staves of music, each with a treble clef and a key signature of one sharp (F#). The lyrics are written below the notes. Chord symbols are written above the staves. The music is in 4/4 time. The score includes a repeat sign with first and second endings. The lyrics are: "MARCH OUT AND GET YOUR-SELF SOME EX- ER- CISE SO YOUR HEART WILL WORK LIKE IT'S SUP- POSED TO DO! YOU'LL FEEL GOOD THE WAY THAT YOU SHOULD AND THERE'S AN EX- TRA SU- PER SPEC- IAL PART! YOU'LL BE HELP- ING YOUR HEART TAKE CARE OF YOU AND TAK- ING GOOD CARE OF YOUR HEART! HEART! YOU'LL BE HELP- ING YOUR HEART TAKE CARE OF YOU AND TAK- ING GOOD CARE OF YOUR HEART!"

Chord symbols: B7, Em, D7, G7, C, C/E, F, G7/D, G7, C, G7, C, C7, F, F#°, G7, 1. C, 2. C, F#°, G7, C.

Lyrics: MARCH OUT AND GET YOUR-SELF SOME EX- ER- CISE SO YOUR HEART WILL WORK LIKE IT'S SUP- POSED TO DO! YOU'LL FEEL GOOD THE WAY THAT YOU SHOULD AND THERE'S AN EX- TRA SU- PER SPEC- IAL PART! YOU'LL BE HELP- ING YOUR HEART TAKE CARE OF YOU AND TAK- ING GOOD CARE OF YOUR HEART! HEART! YOU'LL BE HELP- ING YOUR HEART TAKE CARE OF YOU AND TAK- ING GOOD CARE OF YOUR HEART!

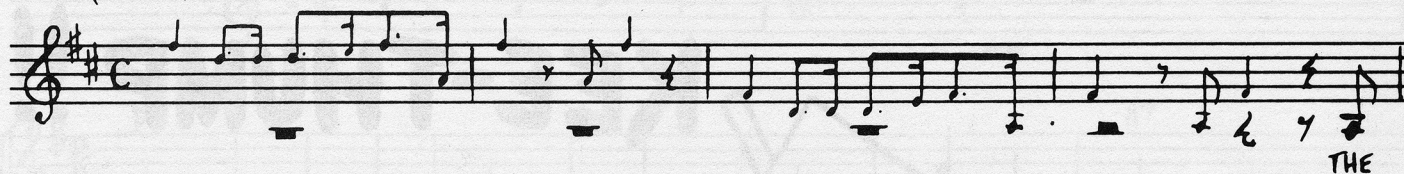
**THE HEART IS THE PART
THAT GOES THUMP!
KEE-THUMP !!**



"THE HEART IS THE PART THAT GOES THUMP! (KEE-THUMP)"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

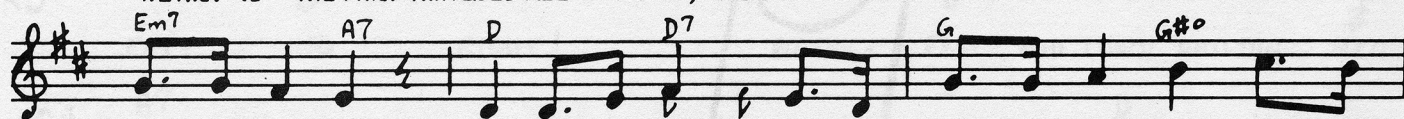
(INTRO)



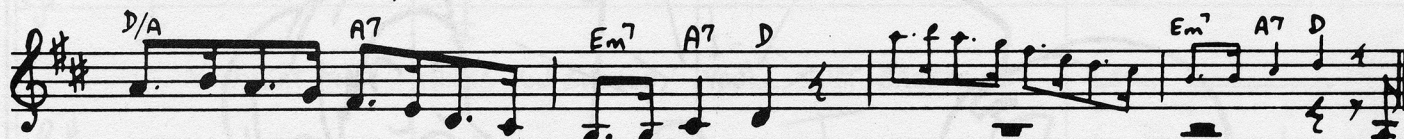
VERSE



HEART IS THE PART THAT GOES KEE- THUMP, KEE-THUMP. THE HEART IS THE PART THAT MAKES THE
HEART IS THE PART THAT GOES KEE- THUMP, KEE-THUMP. THE HEART IS THE PART THAT'S WORK-ING



REST OF YOU GO, PUMP-ING THE BLOOD FROM THE TOP OF YOUR HEAD TO THE
ALL THE DAY LONG, BRING-ING SUP-PLIES TO MAKE YOU HEALTH-Y AND WISE AND IT



VE- RY VE-RY BOT-TOM OF YOUR LIT-TLE-EST TOE!
SINGS AN EX-TRA-OR-DI-NAR-Y SORT OF A SONG!

KEE-

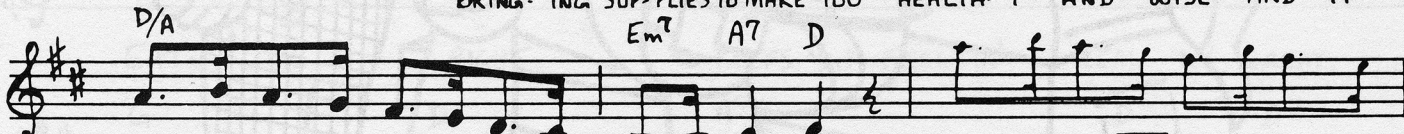
CHORUS



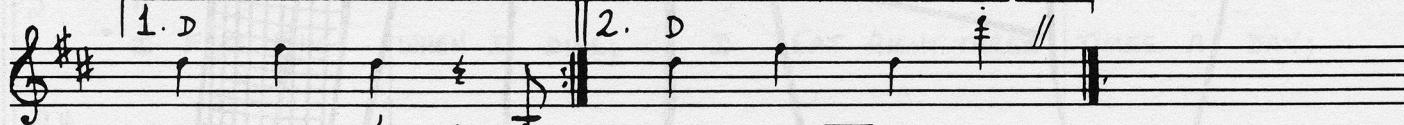
THUMP, KEE-THUMP, KEE- THUMP, KEE-THUMP, KEE- THUMP, KEE-THUMP, THAT'S THE



WAY IT GOES, PUMP- ING THE BLOOD FROM THE TOP OF YOUR HEAD TO THE
BRING- ING SUP-PLIES TO MAKE YOU HEALTH-Y AND WISE AND IT

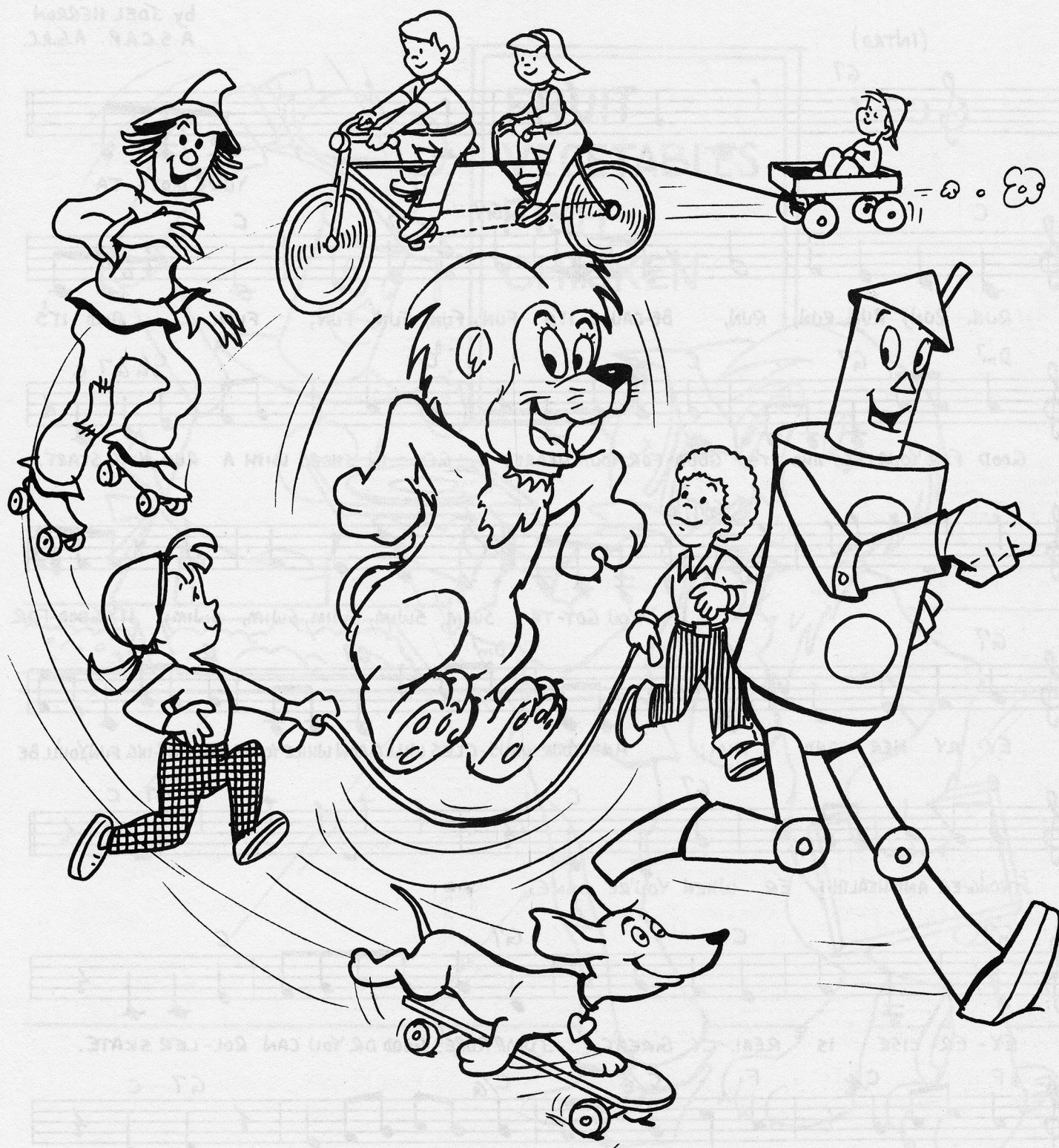


VE- RY VE- RY BOT-TOM OF YOUR LIT-TLE-EST TOE!
SINGS AN EX- TRA-OR- DI- NAR- Y SORT OF A SONG!



THE

THE EXERCISE SONG

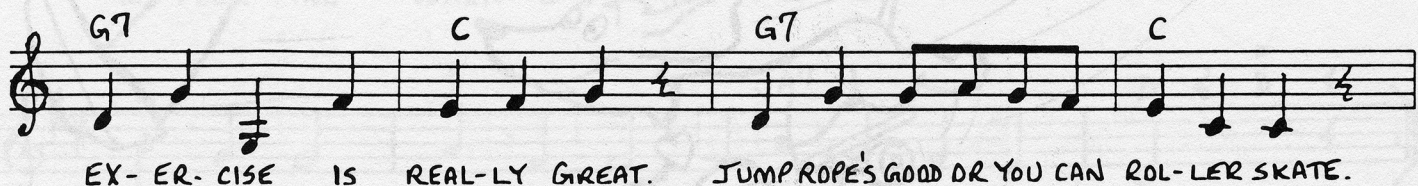


"THE EXERCISE SONG"

YOU GOTTA RUN, RUN, RUN, RUN, RUN

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

(INTRO)



OH, IF YOU

WANT TO BE QUITE WISE, YOU'LL GET YOUR SHARE OF EX-ER-CISE — IN A

POOL, ON A BIKE OR WHILE YOU RUN, RUN, RUN, DO YOUR HEART A FAV-OR WHILE

1. C/G G7 C YOU HAVE FUN. YOU GOT-TA YOU HAVE FUN!

2. C/G G7 C 1/4 1/4 1/4 1/4 //

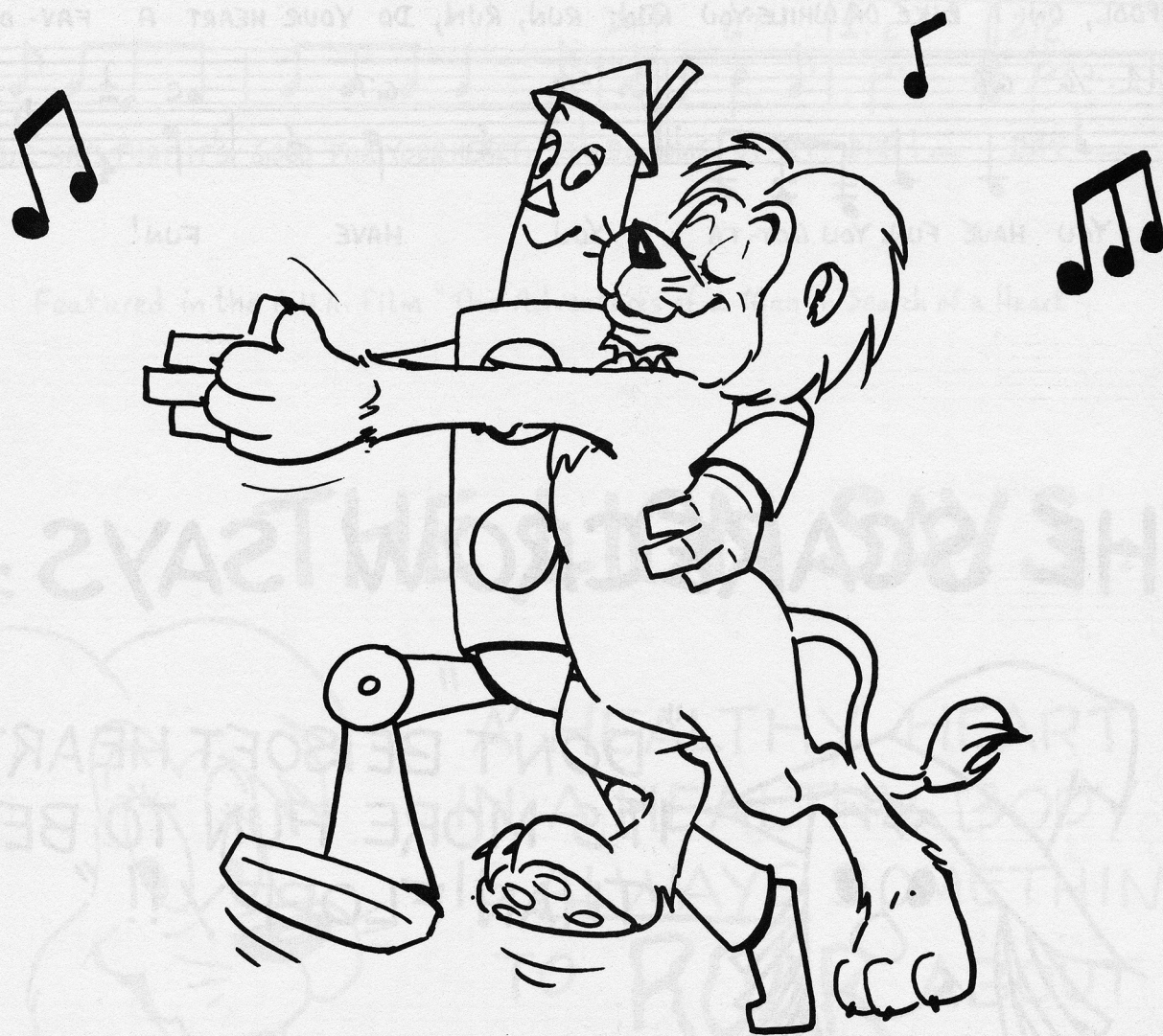
THE SCARECROW SAYS:



"DON'T BE SOFT HEARTED!
IT'S MORE FUN TO BE FIT
THAN FLOPPY!!"

3"
4 "AROUND AND 'ROUND
THE CIRCULATORY"

"THE HEART WALTZ!!"



"AROUND AND 'ROUND THE CIRCULATORY"

THE HEART WALTZ

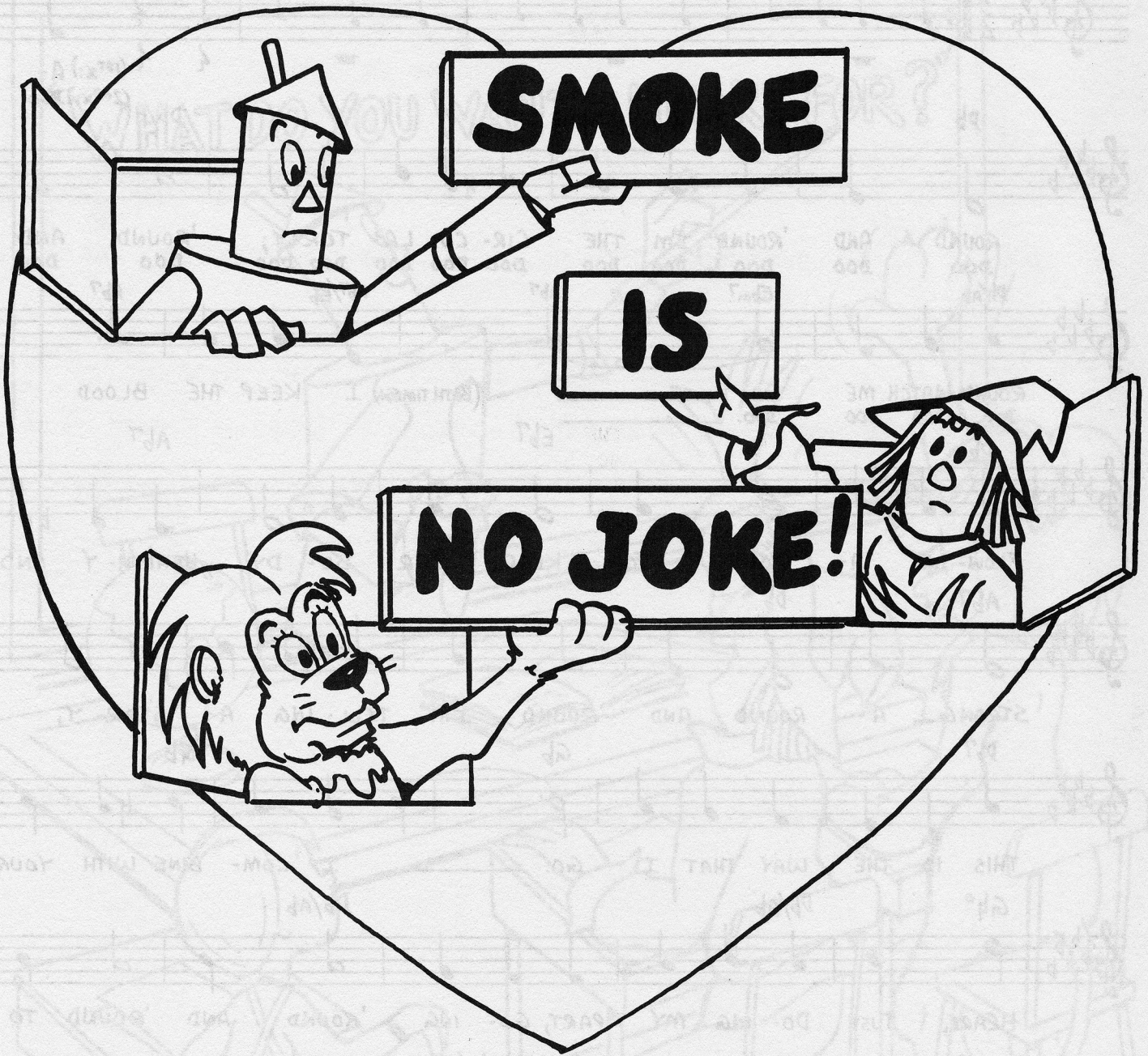
by JOEL HERRON
A.S.C.A.P. A.G.A.C.

The musical score is written for a single melodic line in 3/4 time, featuring a key signature of three flats (B-flat, E-flat, A-flat). The melody is composed of eighth and quarter notes, with some measures containing rests. Chords are indicated above the staff, and lyrics are written below the staff. The score includes a repeat sign at the beginning and a double bar line with first and second endings at the end.

Chords: Ab7, Ebm7, Ab7, Ebm7, Ab7, Ebm7, Ab7, Db, Db/F, Db/Ab, Ebm7, Ab7, Ab7/Eb, Ab7, Db, Eb7, Ab7, Db, Db7, Gb, Gb, Gb°, Db/Ab, Db/Ab, Ab7, Db, Db/Ab, 1. Ab7, Db, 2. Ab7, Db.

Lyrics:
 ROUND AND 'ROUND I'M THE CIR- CU- LA- TOR- Y; 'ROUND AND
 DOO DOO DOO DOO DOO DOO DOO DOO DOO DOO DOO DOO
 'ROUND WATCH ME GO. (BOTH TIMES:) I KEEP THE BLOOD
 DOO DOO DOO DOO DOO DOO DOO DOO DOO DOO DOO DOO
 FLOW- ING A- LONG TO KEEP YOUR BO- DY HEALTH- Y AND
 STRONG- A- ROUND AND 'ROUND I'M TELL- ING A STOR- Y,
 THIS IS THE WAY THAT I GO. I COM- BINE WITH YOUR
 HEART, JUST DO- ING MY PART, GO- ING 'ROUND AND 'ROUND TO
 HELP YOU GROW, GO- ING 'ROUND AND 'ROUND TO
 1. HELP YOU GROW! 2. HELP YOU GROW!

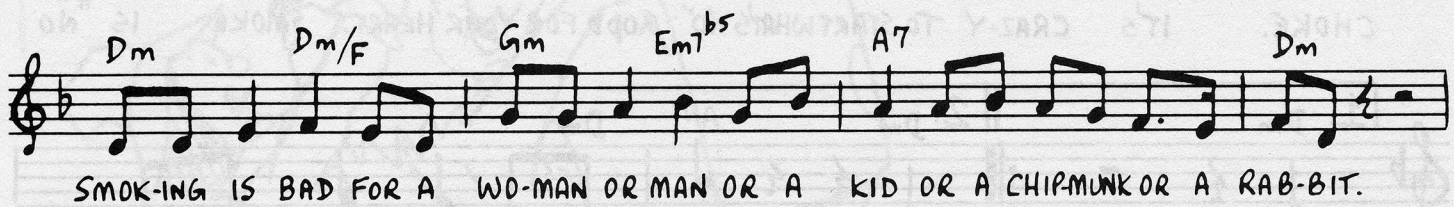
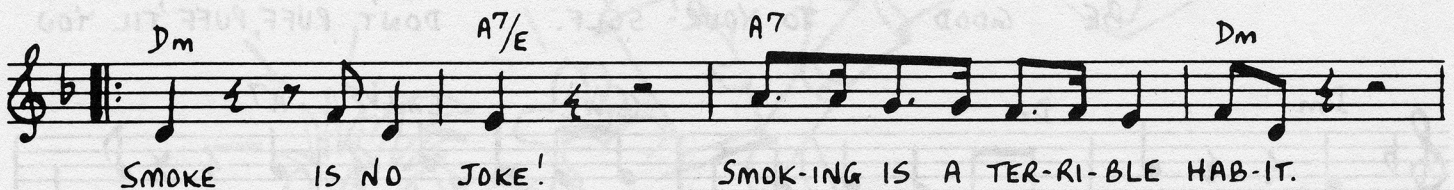
QUESTION AND ANSWER SONG



"SMOKE IS NO JOKE"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

(INTRO)



SMOKE IS NO JOKE



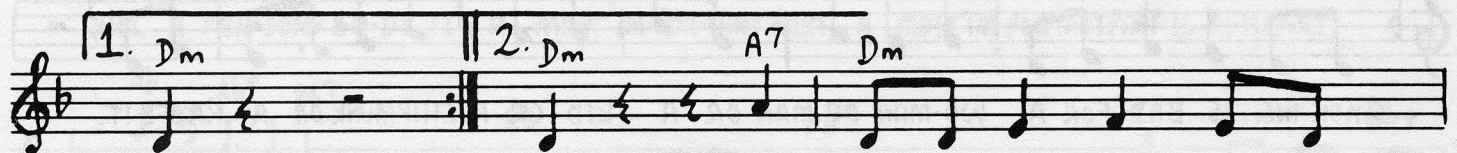
FIN-GERS AND TEETH ALL STAINED PRE-TY BAD AND A COUGH AND A BREATH THAT GET O-THER FOLKS MAD!



BE GOOD TO YOUR-SELF. DON'T PUFF, PUFF 'TIL YOU



CHOKES. IT'S CRAZ-Y TO START WHAT'S NO GOOD FOR YOUR HEART. SMOKE IS NO



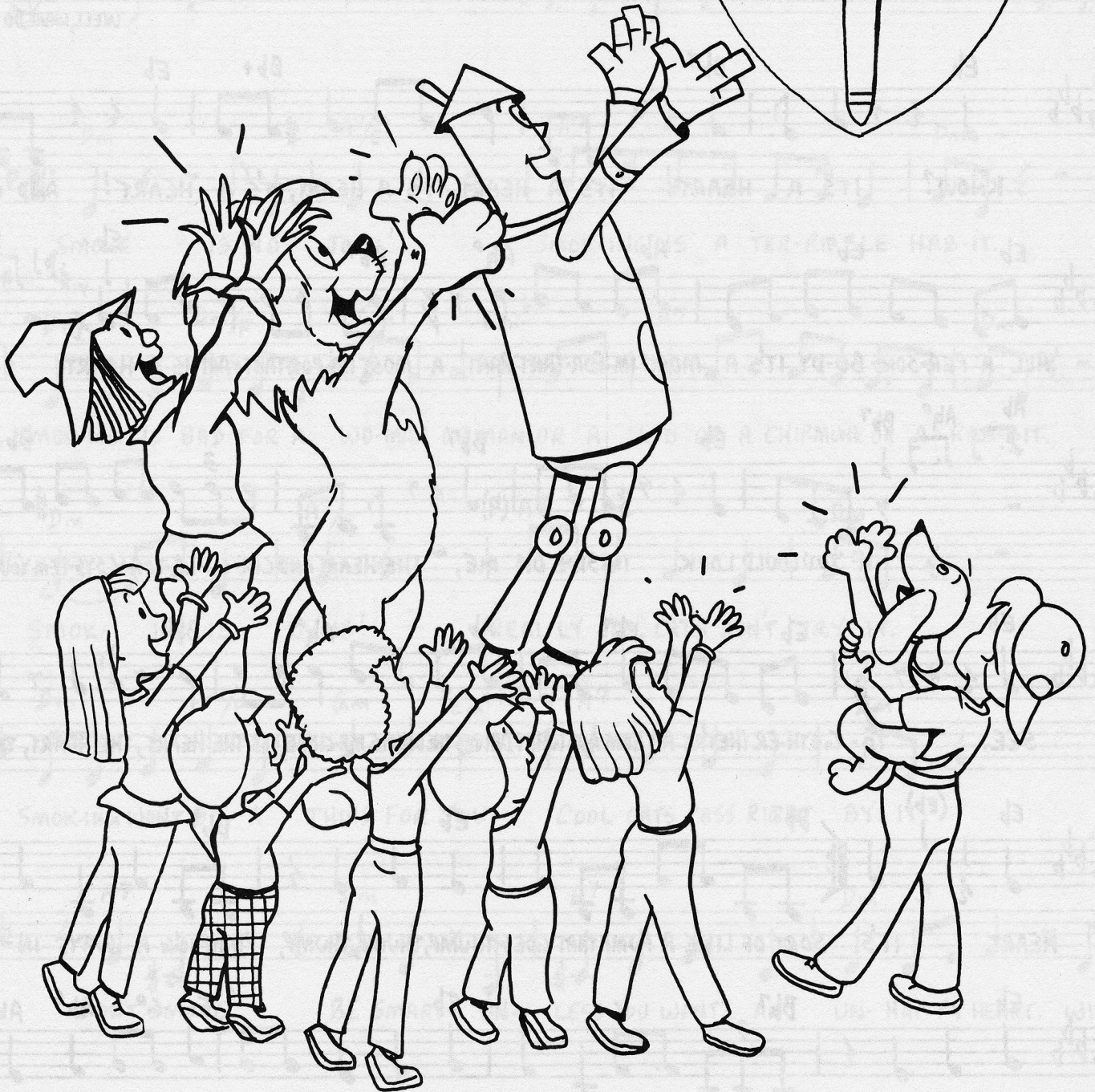
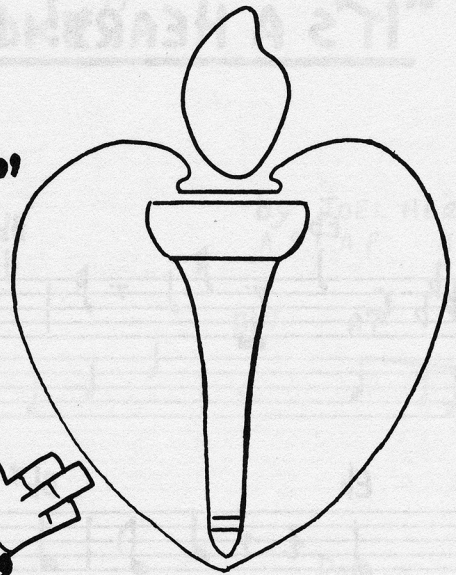
JOKE! JOKE! IT'S CRAZ-Y TO START WHAT'S NO



GOOD FOR YOUR HEART. SMOKE IS NO JOKE! NO!

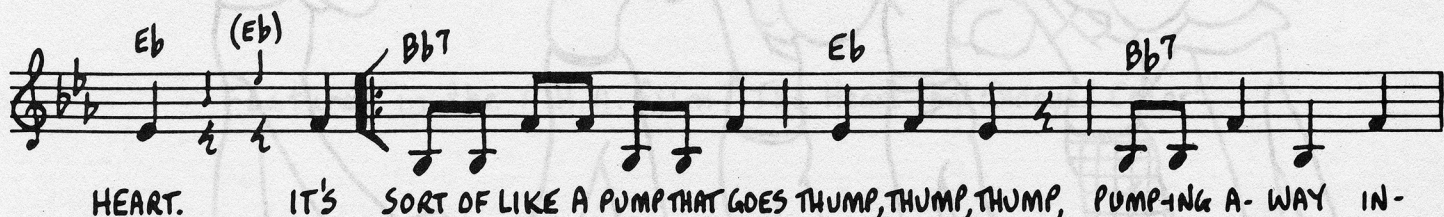
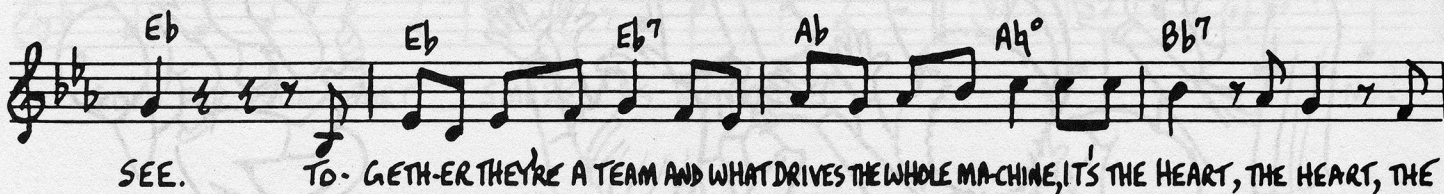
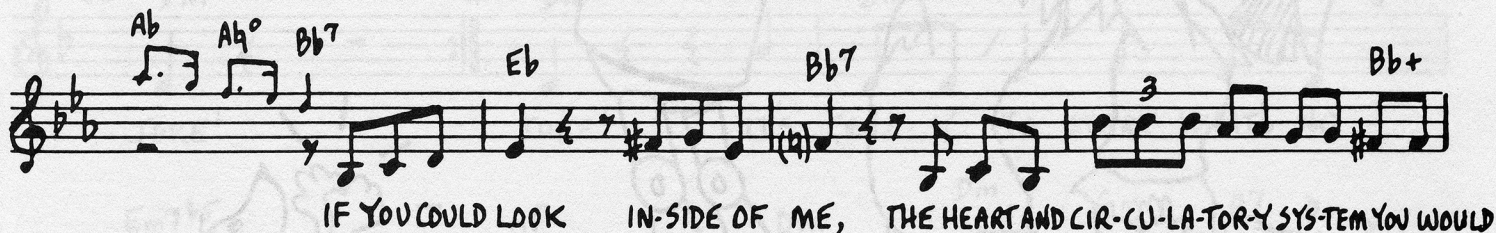
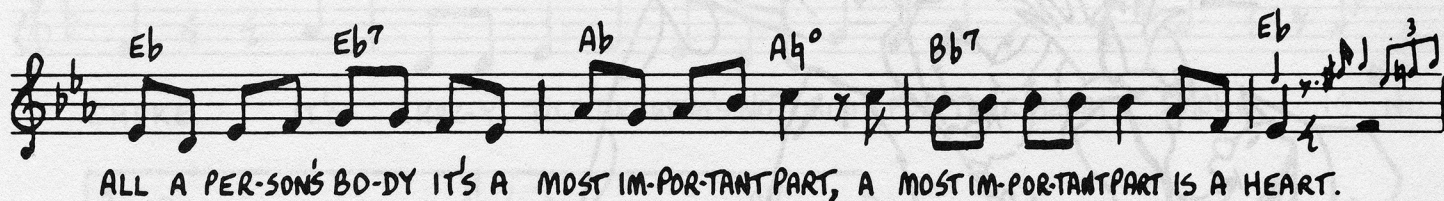
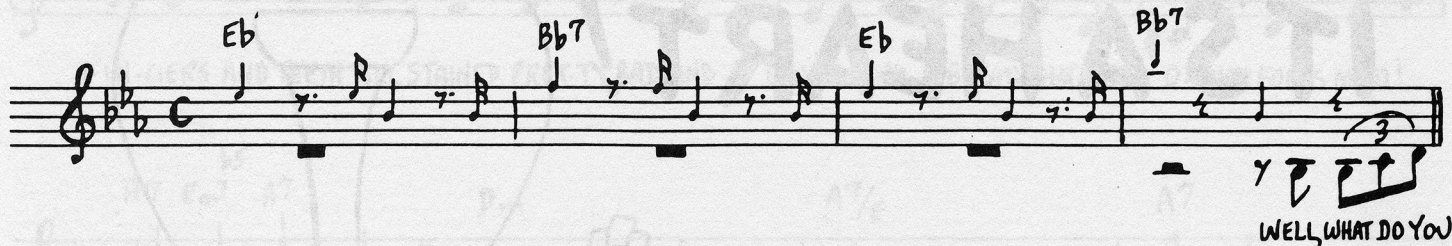
Featured in the A.H.A. film "The Heart That Changed Color!"

**"IT'S A HEART,"
"IT'S A HEART,"
"IT'S A HEART!"**



"IT'S A HEART! IT'S A HEART! IT'S A HEART!"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.



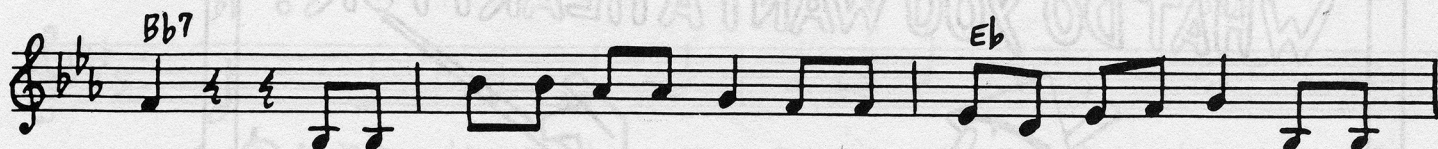
IT'S A HEART! IT'S A HEART! IT'S A HEART!



HOW TO DO BEST.

IT NEV-ER STOPS;

IT PUMPS A-



WAY

IN THE MORN-ING, IN THE NIGHT, IN THE MID-DLE OF THE DAY; AND IT



SINGS A SPEC-IAL SONG AS IT PUMPS AND PUMPS A-LONG. IT'S A HEART, IT'S A HEART, IT'S A



HEART!

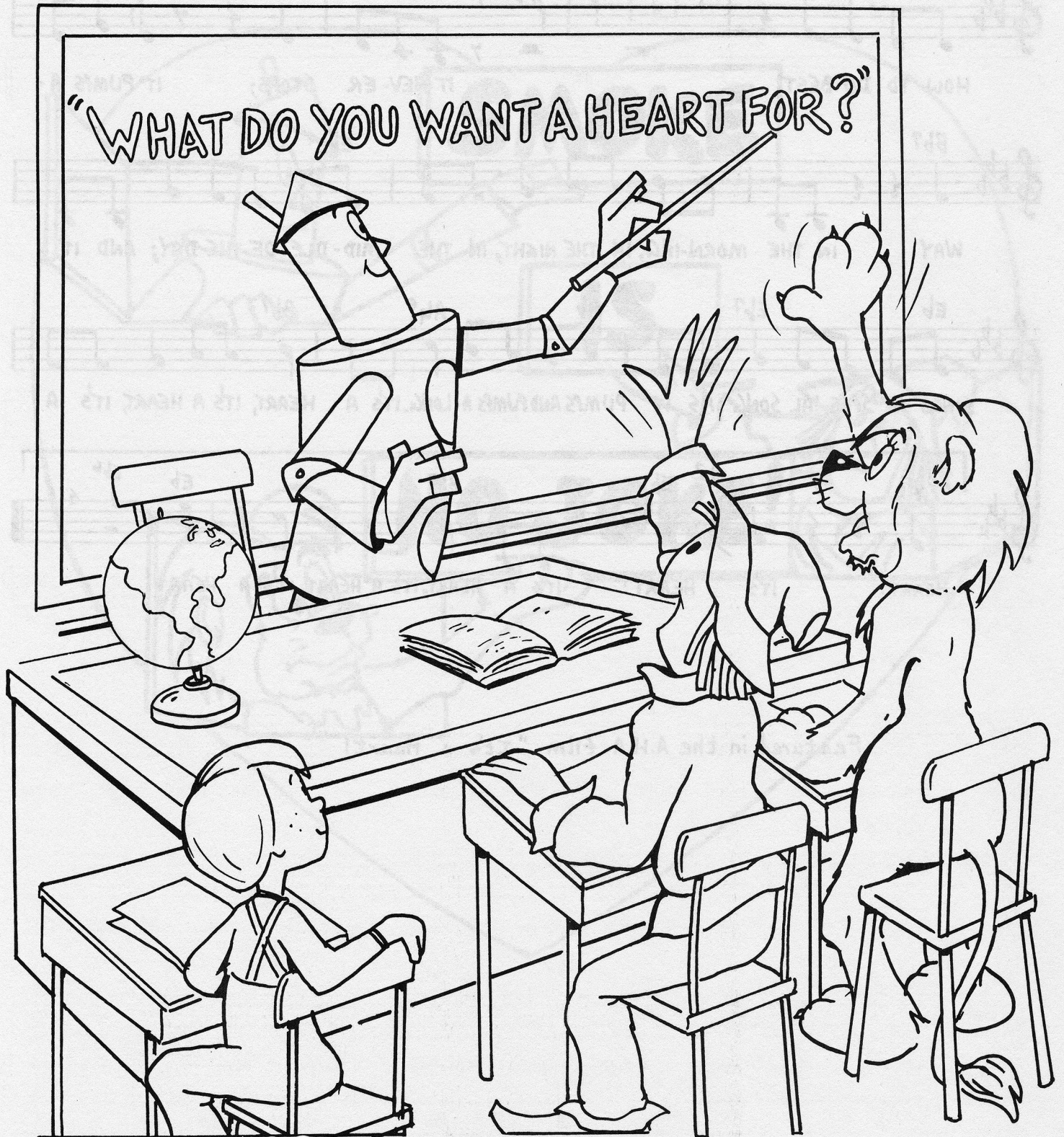
IT'S

HEART!

IT'S A HEART, IT'S A HEART, IT'S A HEART!

Featured in the A.H.A. film "It's a Heart!"

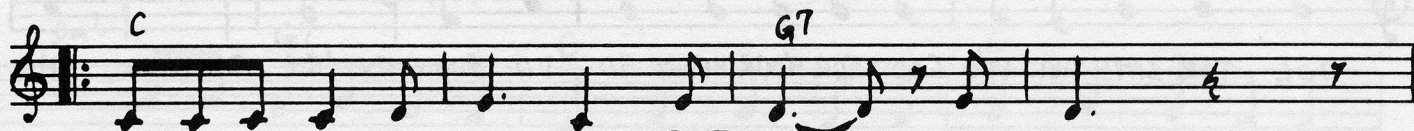
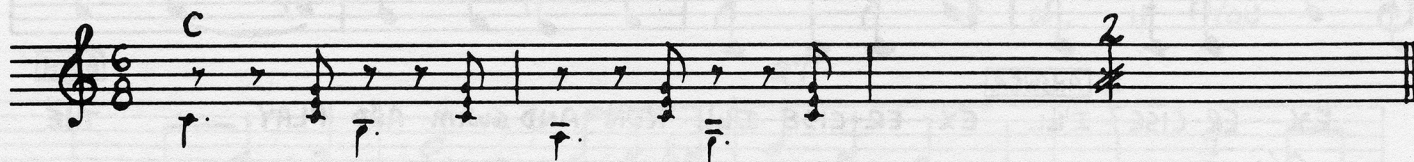
QUESTION AND ANSWER SONG



THE QUESTION AND ANSWER SONG

"WHAT DO YOU WANT A HEART FOR?"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.



QUESTION

ANSWER

WHAT DO YOU WANT A HEART FOR? TO THUMP, — TO THUMP.

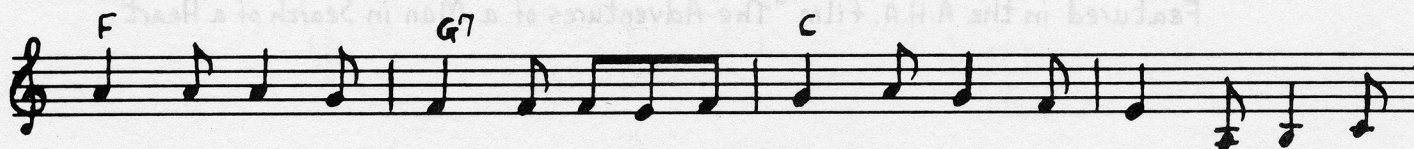


QUESTION

ANSWER

QUESTION

WHAT DO YOU NEED A HEART FOR? TO PUMP, — TO PUMP. WILL YOU



ANSWER

AL- WAYS TAKE GOOD CARE OF IT LIKE THE DOC- TOR SAYS YOU SHOULD? I'LL NEV- ER



QUESTION

MAKE IT O- VER- WORK OR TREAT IT BAD! THAT'S GOOD! AND WILL YOU



ANSWER

EAT THE PROP- ER FOOD, MAKE SURE IT'S HEALTH- Y FOR YOUR HEART? — I



QUESTION

WON'T EAT THINGS THAT MAKE ME FAT. I KNOW IT IS- N'T SMART. AND WILL YOU

THE QUESTION AND ANSWER SONG
(WHAT DO YOU WANT A HEART FOR?)

Handwritten musical notation for the song "The Doctor Says That It's Good For Your Heart". The notation is on a single staff with a treble clef. The melody is written in a simple, accessible style. The lyrics are written below the staff, with some words in all caps and some in title case. The key signature is one flat (Bb), and the time signature is 4/4. The notation includes various musical symbols such as notes, rests, and bar lines. The lyrics are: "EX- ER-CISE? I'LL EX- ER-CISE I'LL RUN AND SWIM AND PLAY. THE DOC- TOR SAYS THAT IT'S GOOD FOR YOUR HEART SO DO SOME EV-'RY DAY. THE DOC- TOR SAYS THAT IT'S GOOD FOR YOUR HEART, SO DO SOME EV-'RY DAY! DAY!"

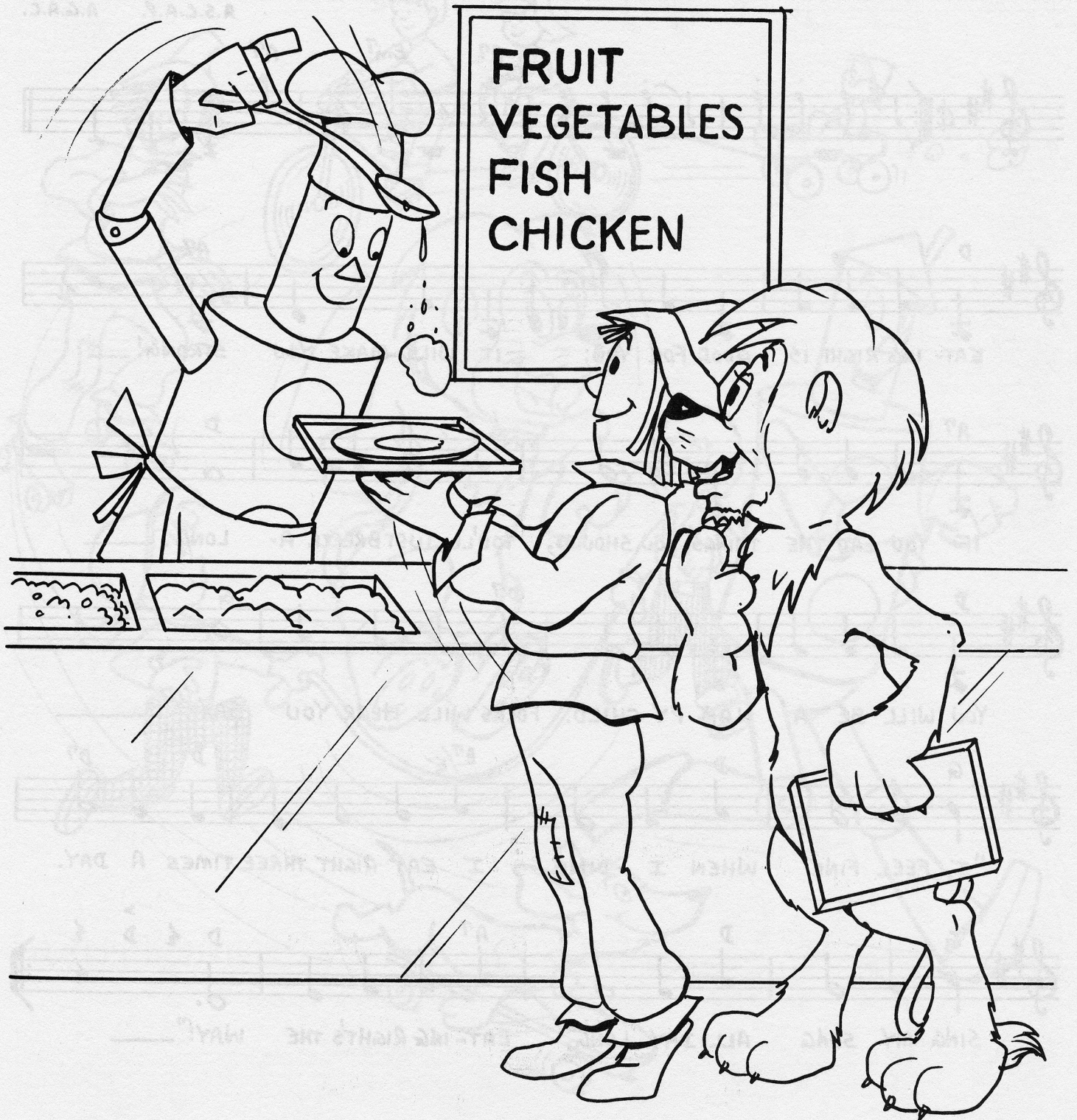
Featured in the A.H.A. film "The Adventures of a Man in Search of a Heart"

THE LION SAYS :



" A HEALTHY HEART
IN A HEALTHY BODY
IS ALWAYS SOMETHING
TO ROAR ABOUT !! "

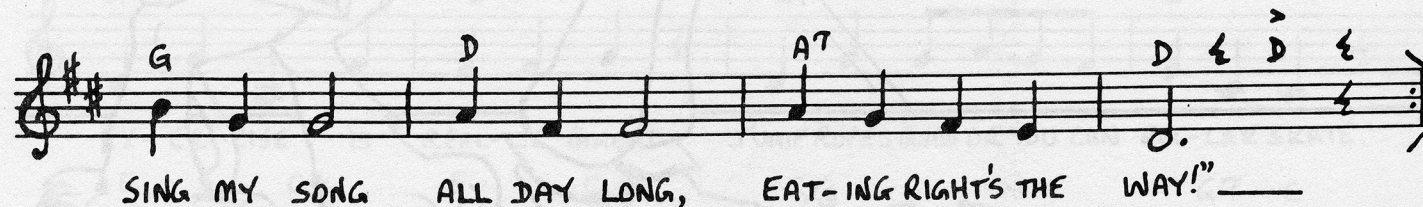
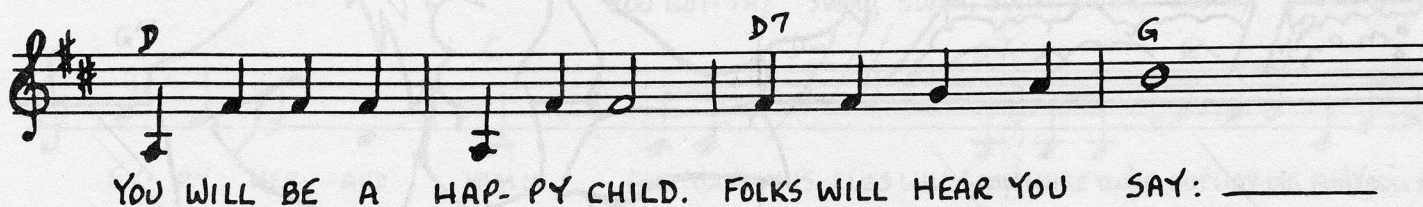
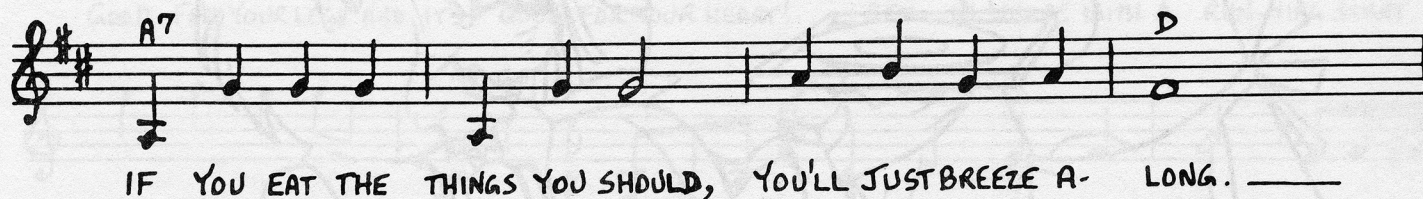
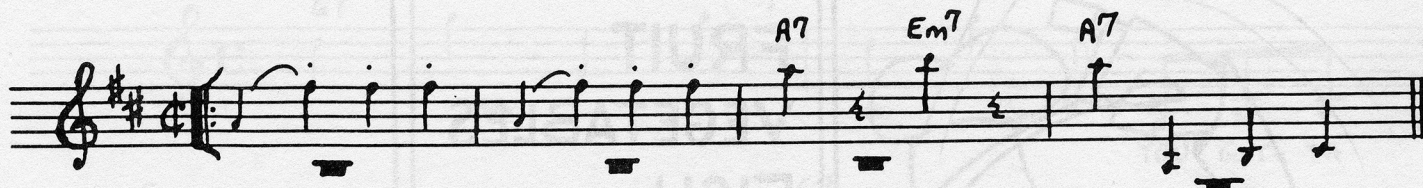
"EATING RIGHT!"



"EATING RIGHT!"

PART I

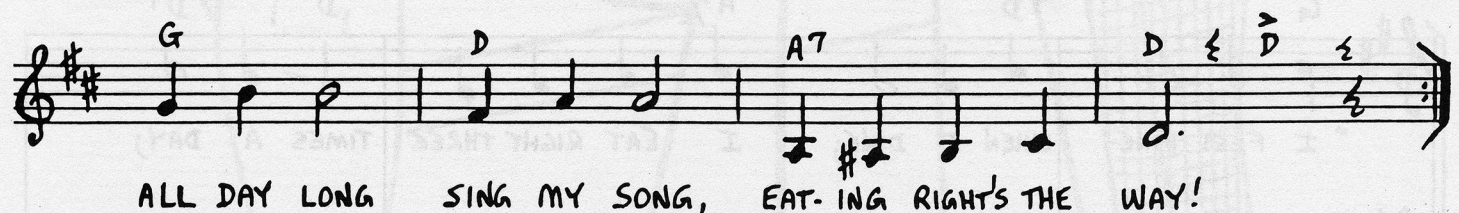
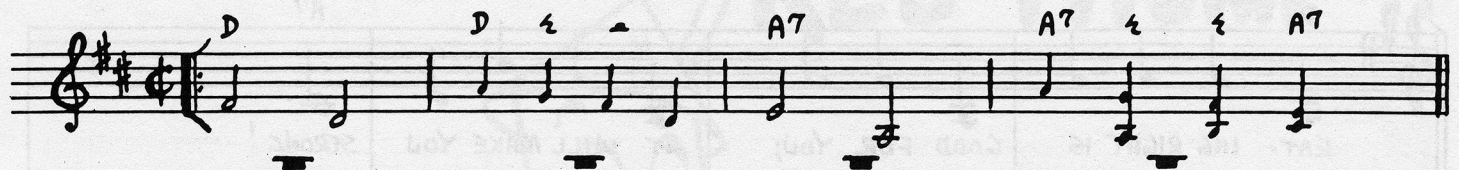
by JOEL HERRON
A.S.C.A.P. A.G.A.C.



"EATING RIGHT!"

PART II

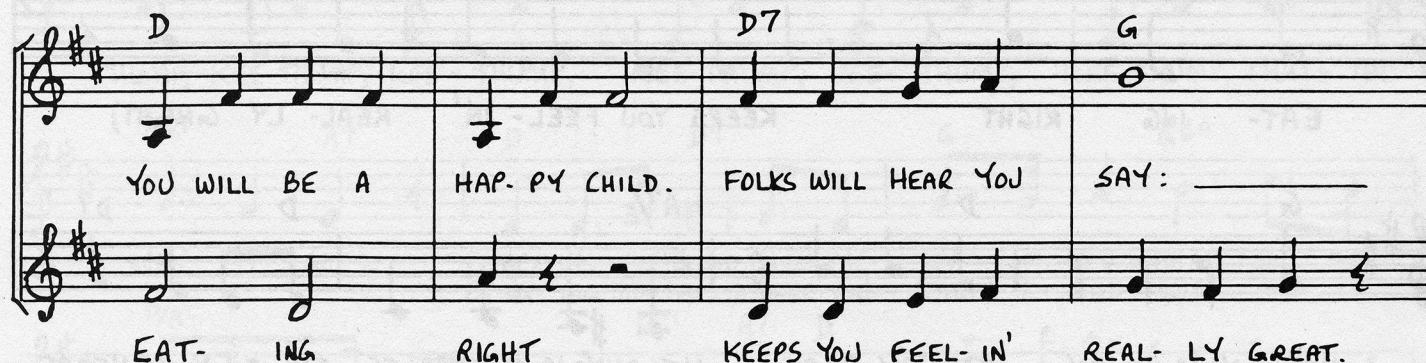
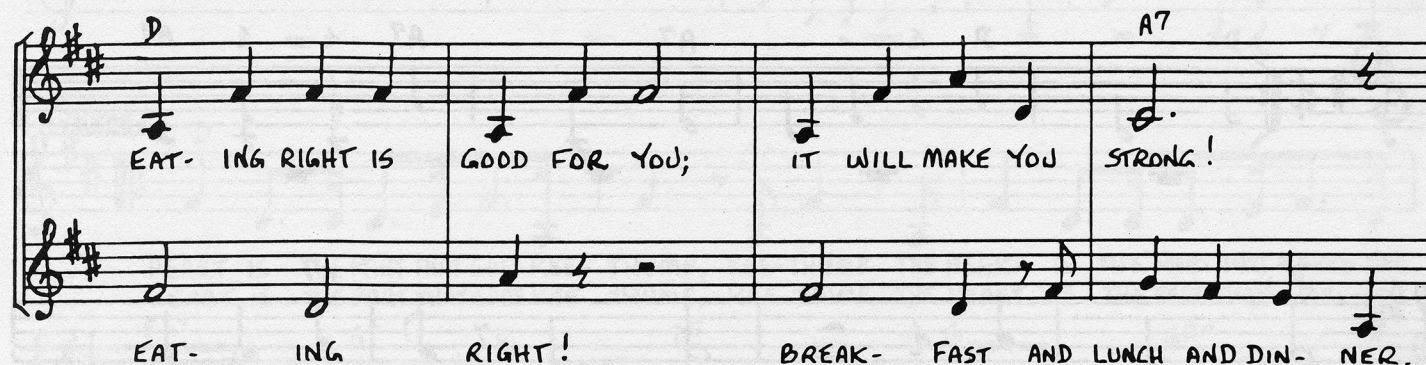
by JOEL HERRON
A.S.C.A.P. A.G.A.C.



"EATING RIGHT!"

PART III

by JOEL HERRON
A.S.C.A.P. A.G.A.C.



Handwritten musical notation for a song. The music is written on four staves, each with a treble clef and a key signature of two sharps (F# and C#). The lyrics are written below the notes. The chords G, D, A7, and D are indicated above the first four measures of each staff.

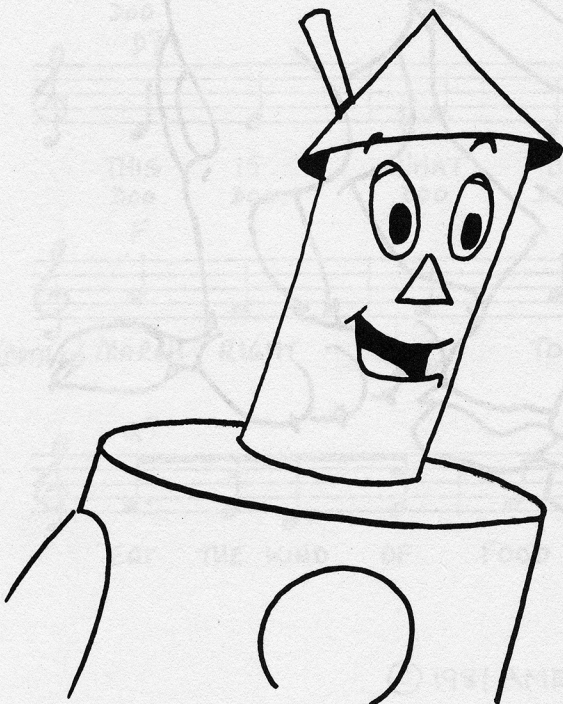
STAFF 1: SING MY SONG ALL DAY LONG, EAT- ING RIGHT'S THE WAY." _____

STAFF 2: ALL DAY LONG SING MY SONG, EAT- ING RIGHT'S THE WAY." _____

STAFF 3: SING MY SONG ALL DAY LONG, EAT- ING RIGHT'S THE WAY." _____

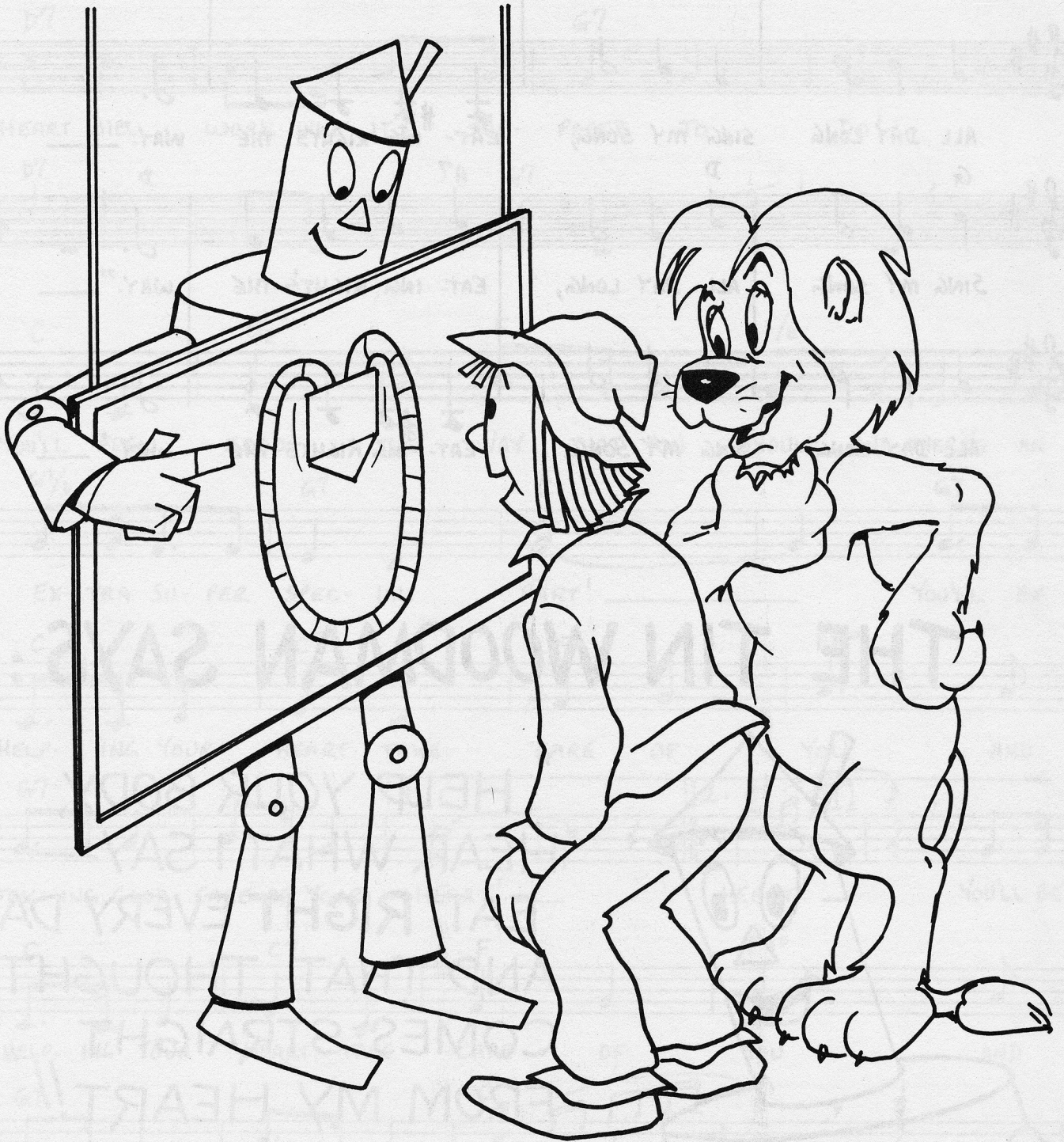
STAFF 4: ALL DAY LONG SING MY SONG, EAT- ING RIGHT'S THE WAY." _____

THE TIN WOODMAN SAYS:



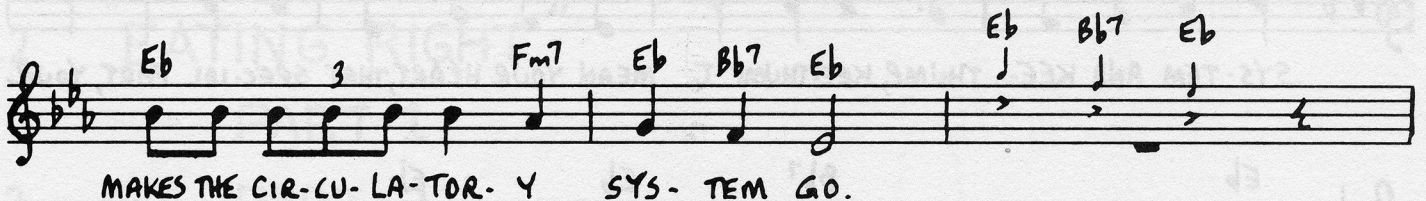
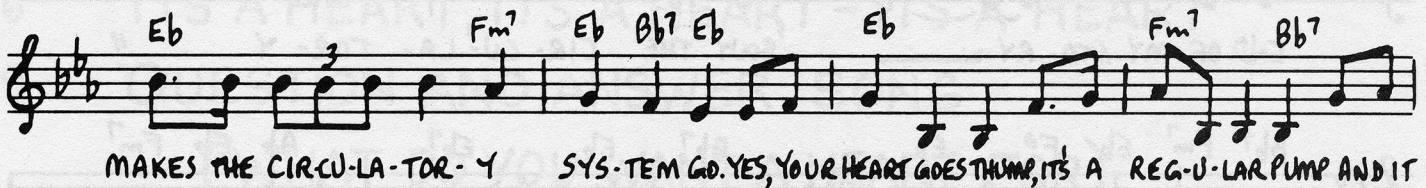
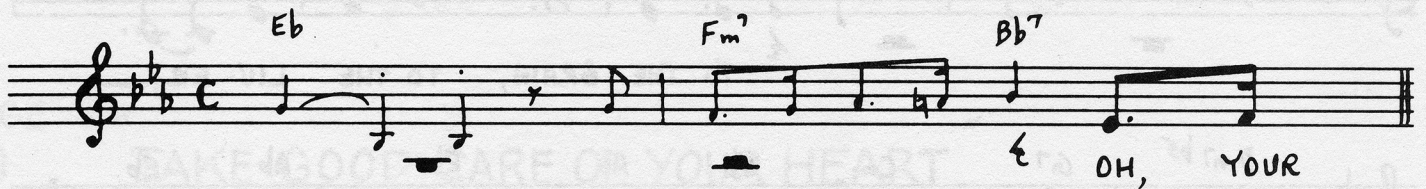
" HELP YOUR BODY,
HEAR WHAT I SAY—
EAT **RIGHT** EVERY DAY!
AND THAT THOUGHT
COMES STRAIGHT
FROM MY HEART!! "

"THE CIRCULATORY SYSTEM AND YOUR HEART"

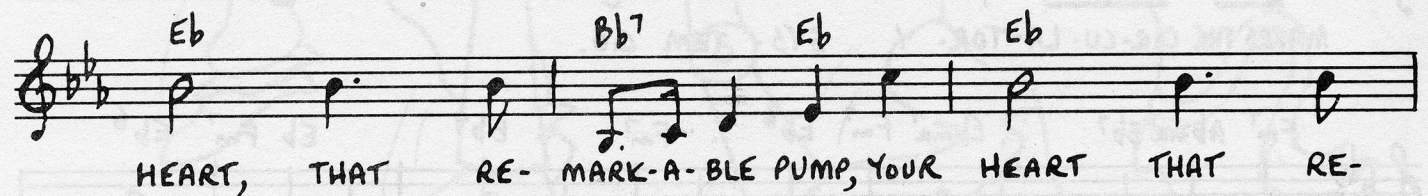
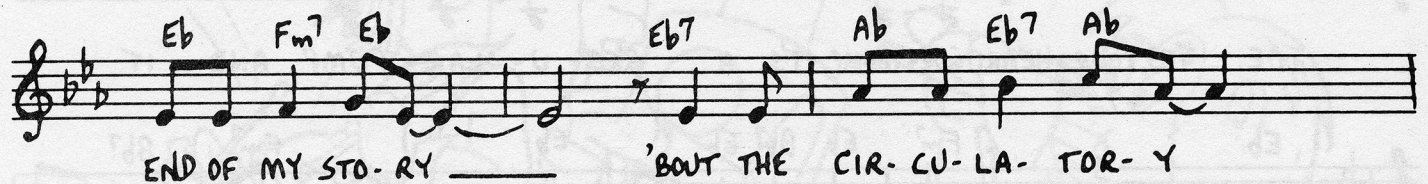
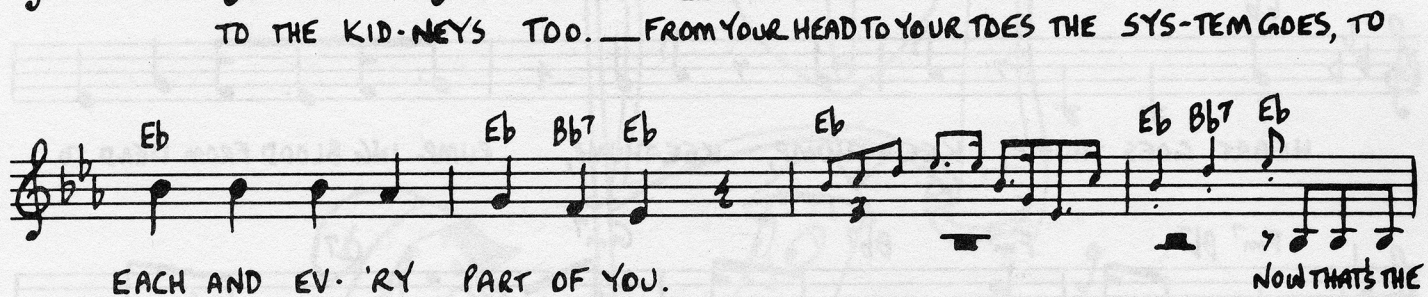
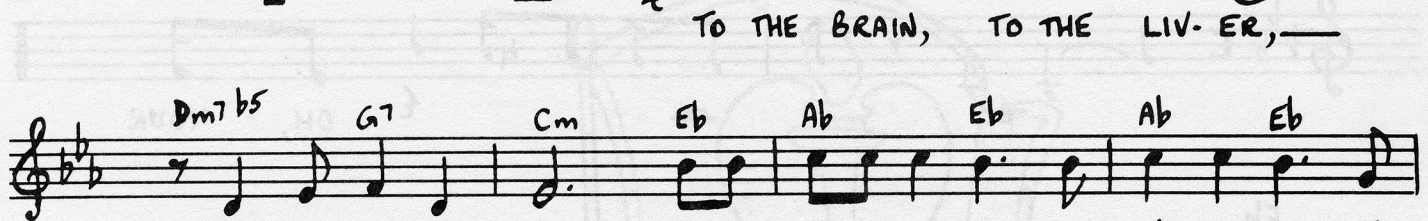


"THE CIRCULATORY SYSTEM AND YOUR HEART"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.



THE CIRCULATORY SYSTEM AND YOUR HEART



WE HOPE YOU ALL HAD FUN



**SINGING AND PLAYING
AND COLORING!!**

WE'RE FIGHTING FOR
YOUR LIFE



**American Heart
Association**

National Center • 7320 Greenville Avenue • Dallas, Texas 75231

64-009-0 (CP)
81-87-180M
2-88-30M
81 08 20 A